

## HISTORY:

(Updated July 2020)

### Current:

Principal: Chi Generation Tai Chi

Creating Online Tai Chi & Qigong video series

Created Contemporary Wudang 28 Training DVD

**2019** Coaching students for AIMA Festival: Gold, Silver, Bronze medalists

Tai Chi 13 Postures and Tai Chi Ball, under Master Tang Lai Wei

**2018** Created Yin Water Form and completed Training DVD

President: Wushu Tai Chi Qi Gong Australia Inc (WTQA)

Coaching students for WTQA Festival: Gold, Silver, Bronze medalists

Push Hands training under Master Ji Shou Xiang

**2017** Nomination: Wudang San Feng Australia by Master Yun Xiang Tseng Award Ceremony in Fu Quan, China, as guests of Grand Master Zhong Yun Long (invitation included 8 students with further training and performance opportunities)

Created Fu Chen Feng Form – tai chi weapon form

President: Wushu Tai Chi Qi Gong Australia Inc (WTQA)

Coaching students for WTQA Festival: Gold, Silver, Bronze medalists

Push Hands training under Master Ji Shou Xiang

Completed Dao Yin Qigong Training DVD

**2016** Qi Gong & Taoist Meditation training under Master Xuezhi Hu in Wudang Mountain, China

Created Yin Water Form – Wudang style, 14 movements

President: Wushu Tai Chi Qi Gong Australia Inc (WTQA)

Coaching students for WTQA Festival: Gold, Silver, Bronze medalists

Qi Gong training under Master Liu Deming

- Push Hands training under Master Ji Shou Xiang
- 2015** Qi Gong training under Master Liu Deming  
President: Wushu Tai Chi Qi Gong Australia Inc (WTQA)  
Coaching students for WTQA Festival: Gold, Silver, Bronze medalists
- 2014** Qi Gong training under Master Liu Deming  
Completed Wudang Bamboo Form Training DVD  
Coaching students for WTQA Festival: Gold medalists
- 2013** Qi Gong training under Master Liu Deming  
Created Wudang Bamboo Form – 8 movement beginners form
- 2012** Tai Chi Yang 40 Workshop, under Master Tang Lai Wei
- 2011** Opened Chi Generation Tai Chi School for Wudang Tai Chi
- 2011** Undertook training at Wudang San Feng Pai Academy, China
- 2011** Gained International Wushu Grading under Chinese Wushu Association  
Judging at Australian Kung Fu Wushu Federation National Championships
- 2010** Invitation Performance of Wudang 28  
Judging at Wushu and Tai Chi Practitioners (WTPA) Festival  
(WTPA is now known as WTQA)
- 2009** Gained National Judging and Officiating Accreditation with Australian  
Sports Commission and Australian Kung Fu Wushu Federation  
Renewal of National Coaching Accreditation  
Judging at Wushu and Tai Chi Practitioners (WTPA) Festival
- 2008** Commenced study of Wudang Taiji
- 2008** Judging at Wushu and Tai Chi Practitioners (WTPA) Festival
- 2007** Invitation Performance in Masters Demonstration  
Judging at Wushu and Tai Chi Practitioners (WTPA) Festival
- 2005** Judging at Australian Kung Fu Wushu Federation National Championships  
Judging at Wushu and Tai Chi Practitioners (WTPA) Festival

- 2003** 42 Barehand competition footage from Macau World Championships used on DVD release of Iron Monkey
- 2002** Commenced training for international competition
- 2002** Opened Tai Chi school at The Basin
- 2002** Training at Beijing Wushu Institute, China
- 2001** Gained National Coaching Accreditation with Australian Sports Commission and Australian Kung Fu Wushu Federation, includes current First Aid Certificate - Level 2
- 2000** Gained Instructor Accreditation
- 1999** Began grading, instructor & competition training with Golden Lion Academy
- 1998** Commenced Tai Chi classes at Emerald Tai Chi
- 1984-5** Tai Chi classes with Dr Li Wong in Brighton

## **GRADINGS:**

### **INTERNATIONAL GRADINGS:**

<b>2011</b>	<b>March</b>	Attained 3 <sup>rd</sup> International Duan Wei Grading Awarded by the Chinese Wushu Association
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### **TAI CHI GRADINGS:**

<b>2007</b>	<b>August</b>	Attained 1 <sup>st</sup> Degree Black Sash
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<b>2006</b>	<b>December</b>	Attained 1 <sup>st</sup> Grade Kung Fu
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<b>2004</b>	<b>March</b>	Attained 5 <sup>th</sup> Grade
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<b>2002</b>	<b>July</b>	Attained 4 <sup>th</sup> Grade
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<b>2001</b>	<b>October</b>	Attained 3 <sup>rd</sup> Grade
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<b>2000</b>	<b>August</b>	Attained 2 <sup>nd</sup> Grade
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<b>2000</b>	<b>March</b>	Attained 1 <sup>st</sup> Grade
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<b>1999</b>	<b>October</b>	Commenced Grading classes
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## COMPETITION RESULTS:

### **2011 5<sup>th</sup> International Wudang Wushu Championships**

Held October in Wudang, China

Results: 1st Wudang 28  
2nd Taiji Fu Chen (Horsetail Whisk)

### **2011 9th Hong Kong International Wushu Championships**

Held March in Hong Kong

Results: 1st Wudang 28  
1st Taiji Fu Chen (Horsetail Whisk)  
1st Yang 40 Barehand Routine  
1st 42 Sword Routine

### **2008 3rd World Traditional Wushu Festival**

Held November in Wudang, China

Results: 3rd 42 Barehand Routine  
10th Wudang Modern Sword Routine

### **2008 W A State Championships**

Held April in Perth, Australia

#### **WA State Tai Chi Champion Female**

Results: 1<sup>st</sup> 24 & 42 Barehand Routines  
1<sup>st</sup> Wudang Modern Sword Routine

### **2008 Australian National Championships**

Held February in Canberra, Australia

#### **National Tai Chi Champion Female Open**

Results: 1<sup>st</sup> 24 & 42 Barehand Routines  
2<sup>nd</sup> Wudang Modern Sword

### **2006 2nd World Traditional Wushu Festival**

Held November in Zhengzhou, China

Results: 1st Yang 40 Barehand Routine  
1st Wudang Modern Sword Routine

### **2006 Australian National Wushu & Tai Chi Association Competition**

Held September at Monash University, Melbourne, Australia

#### **Female All Round Champion**

Results: 1st 24 & Yang 40 Barehand Routines  
2nd Wudang Modern Sword Routine

## **COMPETITION RESULTS: (contd)**

### **2005 8th World Wushu Championships** (Australian Wushu Team Member)

Held December in Hanoi, Vietnam

Results: 15th Optional Barehand Routine  
17th 42 Sword Routine

### **2005 Australian National Championships**

Held September in Sydney, Australia

#### **National Tai Chi Champion Female Open**

Results: 1st 24 Barehand Routine  
2nd 42 Barehand and 42 Sword Routines

### **2005 Tai Chi Association of Australia Open Competition**

Held June in Queensland, Australia

#### **Women's Grand Champion Advanced**

Results: 1<sup>st</sup> in 24 and 42 Barehand Routines  
1<sup>st</sup> 42 Sword Routine  
1st Traditional Sabre  
1st 24 Barehand Team Event

### **2004 Australian National Championships**

Held November in Melbourne, Australia

#### **National Tai Chi Champion Female Open**

Results: 1st 24 and 42 Barehand Routines  
1st 42 Sword Routine

### **2004 Victorian State Championships**

Held November in Melbourne, Australia

#### **Victorian Tai Chi Champion Female Open**

Results: 1st 24 and 42 Barehand Routines  
1st 42 Sword Routine

### **2004 1st World Traditional Wushu Festival**

Held October in Zhengzhou, China

Results: 1st 42 Barehand Routine  
1st 42 Sword Routine  
1st 24 Barehand Team Event

### **2004 Australian National Wushu & Tai Chi Association Competition**

Held October at Monash University, Melbourne, Australia

Results: 2nd 24 & 42 Barehand routines  
1st 42 Sword routine

## COMPETITION RESULTS: (contd)

### 2004 Tai Chi Association of Australia Open Competition

Held March in Sydney, Australia

#### **Women's Grand Champion**

Results: 1<sup>st</sup> 24 and 42 Barehand routines  
1<sup>st</sup> 42 Sword routine

### 2003 7<sup>th</sup> World Wushu Championships (Australian Wushu Team Member)

Held November in Macau, China

Results: 22<sup>nd</sup> 42 Barehand and 42 Sword routines

### 2003 National Tai Chi & Wushu Competition

Held August at Melbourne University, Melbourne, Australia

Results: 1<sup>st</sup> 24 & 42 Barehand routines  
2<sup>nd</sup> 42 Sword routine

### 2003 Tai Chi Association of Australia Inaugural Open Competition

Held January in Sydney, Australia

#### **Women's Advanced Grand Champion**

Results: 1<sup>st</sup> in 24 and 42 Barehand routines  
1<sup>st</sup> 42 Sword routine

### 2002 National Tai Chi & Wushu Competition

Held August at Melbourne University, Australia

Results: 1<sup>st</sup> 24 & 42 Barehand routines  
2<sup>nd</sup> 42 Sword routine  
1<sup>st</sup> 24 Barehand Team Event

### 2001 Peaceful Challenge

Held October in Sydney, Australia

Results: 1<sup>st</sup> 24 Barehand routine  
2<sup>nd</sup> 42 Barehand and 42 Sword routines

### 2001 National Tai Chi & Wushu Competition

Held August at Melbourne University, Australia

#### **Over 40's Grand Champion**

Results: 1<sup>st</sup> Over 40's 24 and 42 Barehand routines  
1<sup>st</sup> Over 40's 42 Sword routine  
1<sup>st</sup> 24 Barehand Team Event

### 2000 National Tai Chi & Wushu Competition

Held August at Melbourne University, Australia

Results: 1<sup>st</sup> 24 Barehand Team Event